BACKYARD FARMING

Make your home a homestead

CANNING & PRESERVING

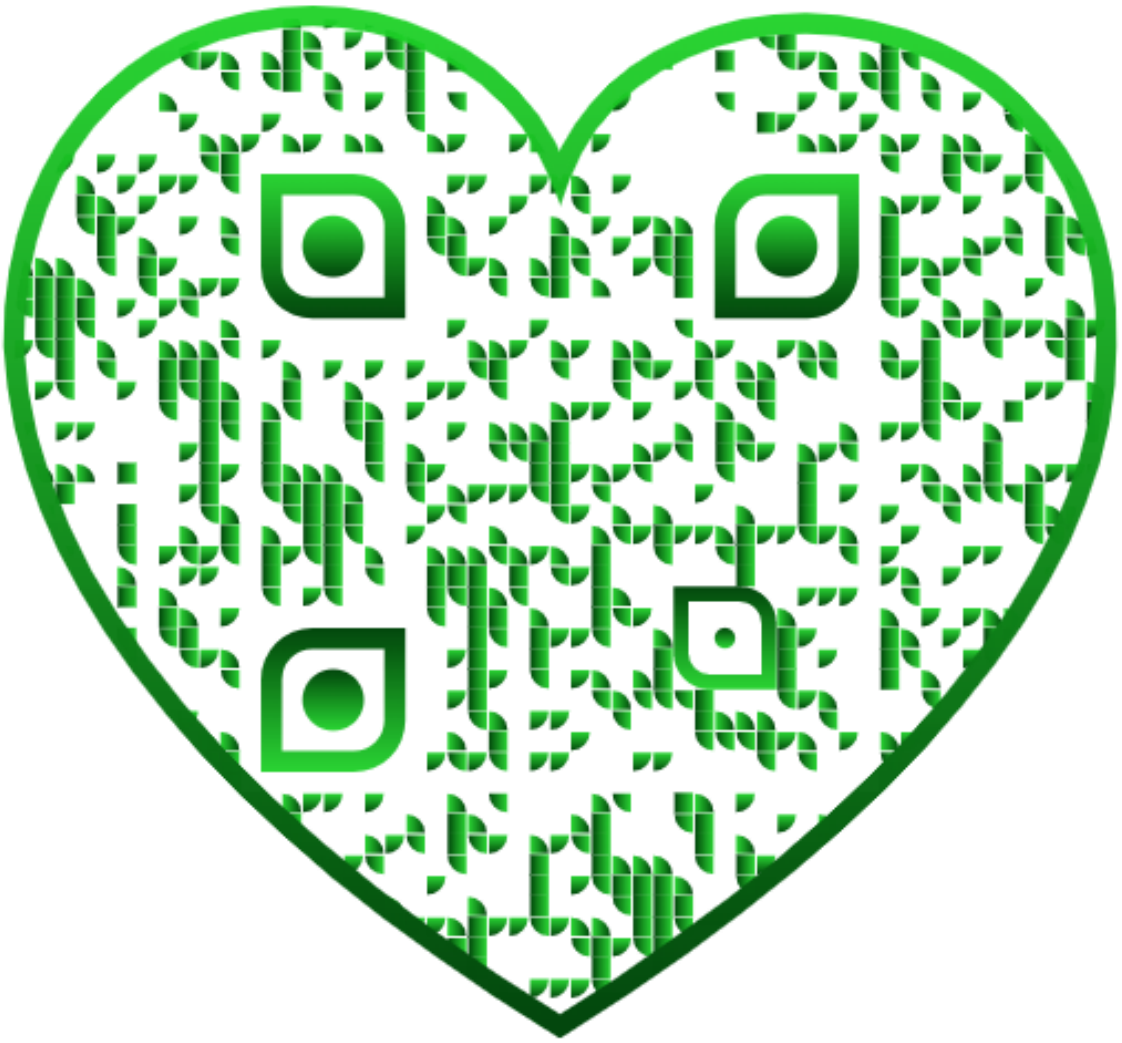
Over 75 Recipes for the Homestead Kitchen

Jams • Jellies • Pickles • Sauces • and More

"EXPERT ADVICE MADE EASY"

Kim Pezza

hatherleigh



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Backyard Farming: Canning & Preserving

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INTRODUCTION

Backyard. Farming: Home Harvest was an introduction into the world of food preservation, designed to spark interest in preserving fresh food in effective, useful ways. Included were some basic guidelines, laying the groundwork to delve deeper into the topic, as well as a small assortment of recipes to use while learning the various preservation techniques.

We have now added *Backyard Farming: Canning & Preserving* to the series, as a companion piece and supplement to what readers will have learned from the previous book. *Backyard Farming: Canning & Preserving* focuses on bringing more recipes for backyard farmers and homesteaders together with the information already provided within *Backyard Farming: Home Harvest*.

This new assortment of ideas and recipes for preserving your harvest will expand your food preparation and harvest preservation repertoire, and these brand new recipes will to broaden your palate and your menu! Don't be afraid to put your own spin on some of these recipes, too. So long as the preservation is completed correctly to ensure proper food safety, the sky's the limit as far as what you can do with your harvest.

So take a moment and comb through everything this book has to offer. While they all may sound tasty, make sure to begin with recipes that use the foods you already have on hand, and which need to be preserved for future use. Also try getting the kids involved in selecting recipes for the things they helped to produce.

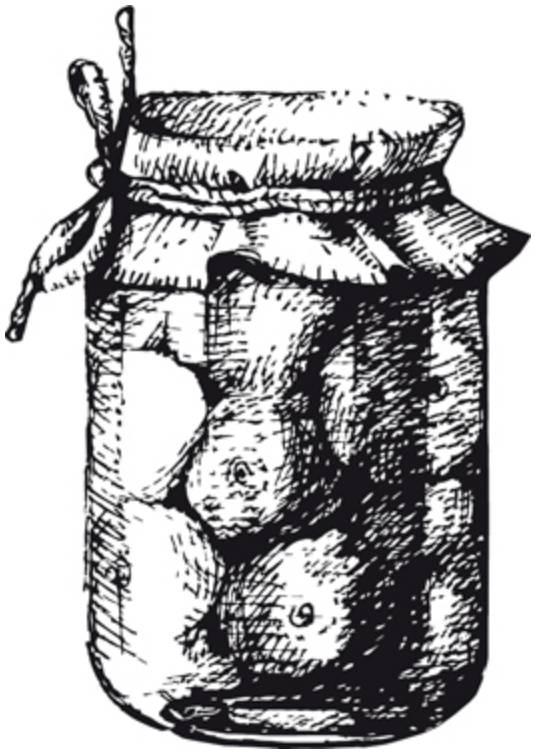
It makes them twice as likely to try the finished product and makes it fun to eat homegrown, nutritious foods!

Once the work is done and your pantry, cupboards, and freezers are stocked full of perfectly preserved produce, you can step back and look forward to enjoying your harvest throughout the year!

—Kim Pezza

MEET THE EXPERT

Kim Pezza grew up among orchards and dairy and beef farms having lived most of her life in the Finger Lakes region of New York state. She has raised pigs, poultry and game birds, rabbits and goats, and is experienced in growing herbs and vegetables. In her spare time, Kim also teaches workshops in a variety of areas, from art and simple computers for seniors, to making herb butter, oils, and vinegars. She continues to learn new techniques and skills and now spends time between her grandparent's mid 1800's farm in New York and in Southwest Florida, the first and oldest cattle area in America and origin of the American cowboy.



ALL ABOUT CANNING & PRESERVING

The benefits of home canning are tremendous. There is nothing better than being able to go into your own garden or to a local farmstand and gather the freshest produce available. There is no comparison in taste when comparing large factory farm produce to fresh-picked produce from a local farm or garden.

Preserving seasonal fruits and vegetables enables you to provide your family with high-quality foods made without chemicals or preservatives. To be able to open a jar of green beans that you grew and preserved yourself can brighten the dreariest of winter days. Preserving your own produce also gives you something to look forward to in the spring when you begin planning and planting your home garden.

In this section, you will find helpful tips for hot water bath canning and pressure canning. For more information, please refer to the Resources section on this page.

Hot Water Bath Canning

Hot water bath canners come in a few different sizes. Large ones can process more than 7 quart jars at a time. These canners are sold with wire racks that can be submerged into the hot water with

designated spaces for each quart or pint jar. The canner should be deep enough to thoroughly submerge and cover each jar you will process. The water should be at least 1 inch higher than the top of the jars when submerged.

Hot Water Bath Processing Times for High Altitude Locations

Feet	increase in Processing Time
1,001 to 3,000 feet	5 minutes
3,001 to 6,000 feet	10 minutes
6,001 to 8,000 feet	15 minutes
8,001 to 10,000 feet	20 minutes

Pressure Canning

To process low-acid or no-acid foods (such as certain vegetables like pumpkins and potatoes, as well as low-acid foods such as meats, poultry, and fish), a pressure canner is needed. The pressure cooker processes the foods at a higher and longer sustained heat in order to kill any harmful toxins. It is important to thoroughly read the owner's manual that is included with your pressure cooker to ensure safe food handling and to avoid injury.

Pressure canners can be purchased in a variety of sizes at cooking stores or even in some department stores. The sizes range from 2 ½ quarts to 22 quarts. These canners are also available in weighted gauge or dial gauge variations. The newer models use dial gauge. However, if you are using an older pressure canner, it is most likely one that has weighted gauges. Either way, be sure to read your owner's manual thoroughly.

Capacities and Amount of Water for Pressure Canning

Jar Capacity of Canner

Canner Size	Half-Pint	Pint	Quart	Amount of Water for Processing
2½ quart	5	---	---	1 quart
4 quart	5	4	---	1 quart
6 quart	8	7	---	1½ quarts
8 quart	8	7	4	1½ quarts
12 quart	13	10	7	2 quarts
16 quart	26	10	7	2 quarts
22 quart	38	20	7	2 quarts

Pressure Canning Processing Times for High Altitude Locations

Altitude (feet)	Weighted Gauge (pounds)	Dial Gauge (pounds)
0 to 1,000	10	11
1,001 to 2,000	15	11
2,001 to 4,000	15	12
4,001 to 6,000	15	13
6,001 to 8,000	15	14
8,001 to 10,000	15	15

Canning Jars

Glass mason jars are the only safe jars to use for home canning because they are easy to sterilize and can be visually inspected for any deformities. These come in many sizes and are sold by the case at most cooking stores and grocery stores. If you re-use your jars, make sure there are no chips and that the tops of the jars are smooth and flat.

Jars and Lids

Metal canning lids are sold in regular or wide-mouth sizes and come in two pieces. The first piece is the seal and the second is the outer band which screws securely to the outside top of the jar. When re-using lids, it is important that the seal is never re-used and the outer bands are not crimped, dented, or rusted. Discard any outer bands that are damaged.

Canning Tools

To ensure safe processing and to avoid injury or burns, several utensils are available to make the job easier and safer for home canners. These include:

- **Jar lifters:** To safely lift hot jars
- **Canning funnels:** To pour hot liquids into jars
- **Magnetic lid wands:** To lift hot lids
- **Nonmetallic spatulas:** These are used to pack product into glass jars (using metal spatulas would risk cracking or chipping the jar)

Additional necessary tools include:

- **At least two large, deep stainless steel saucepans:** Stainless steel is the most sanitary choice for pans

- **Food mill:** This is used to strain seeds and skins
- **Ladles:** These are helpful when pouring the product or hot liquid into canning jars
- **Cheese cloth and jelly bags:** These are used for a finer strain of fruit when making juice for jelly
- **Jam and candy thermometer:** A thermometer is useful to ensure the correct temperature is reached
- **Strainer or colander:** To drain water after rinsing
- **Clean cloth rags:** To wipe the lids and jars before sealing for processing

Preparation Prior to Canning

There are several steps to be completed before canning. The first step is to make sure your work surfaces are sterile. For a homemade cleaning solution, use one part bleach mixed with three parts water and apply to all countertops and cutting boards.

Next, sterilize all jars and lids by using boiling water or a sanitizer. Always inspect each jar and lid to ensure there are no cracks, dents, or rust. Throw out any jars and lids with imperfections. Finally, make sure all tools are out and ready to be used and set up canners prior to filling the jars. Once these are filled and capped, the product should be processed right away.

> It is best to use the highest quality fruits and vegetables for canning. Choose produce that are unblemished and not too ripe.

Tips for Storing Canned Products

Upon completion of any canning project, be sure to allow the product to cool for 24 hours. Once cooled, check each jar

individually by pressing the middle of each lid to ensure the jar has sealed (if the jar has not sealed, you will be able to press the middle of the lid up and down). Discard the product of any jar that has not sealed properly. For those jars that have sealed properly, the seal will be concaved. Remove the outer band and wipe the processed jars. Label these and store in a cool, dry place.

PART I

HOT WATER BATH CANNING

JAMS

Concord Grape Jam

Makes 6 half-pint jars

8 cups Concord grapes (stemmed)

6 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Separate grape skins with fingers by squeezing out the grape pulp and placing in a pot. Place skins in a separate pot. Bring pulp to a boil, stirring frequently, over medium heat for about 10 minutes or until pulp is soft. Strain pulp through a sieve to remove the seeds. Let stand.

To prevent burning, add a small amount of water to the pot containing the skins. Bring to a boil over medium heat and then lower the heat. Boil the skins gently until they are soft and the liquid is nearly evaporated (about 10 minutes).

Combine skins, pulp, and sugar in a large deep stainless steel saucepan. Bring to a boil over medium heat, stirring constantly to dissolve the sugar. Continue to boil mixture, stirring frequently, until the mixture has thickened and is at the gel stage (20–30 minutes, depending upon the fruit used). To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through.

When gel stage has been reached, remove the hot mixture from the stove and skim off any foam.

Using a ladle and a funnel, spoon the hot jam mixture into prepared, sterile jars. Leave ¼ inch head space and remove air

bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

This recipe does not use pectin because the fruit naturally contains enough pectin. Because pectin is not being added, be sure to use ⅓ under-ripened fruit and ⅔ fully ripened fruit.

Plum Jam

Makes 8 half-pint jars

8 cups pitted plums

½ cup water

1 (1¾ oz.) package powdered pectin

8 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place pitted plums and water in a stainless steel saucepan and bring to a boil over medium heat. Boil, stirring frequently, until plums are soft (about 5 minutes). This should yield about 6 cups of plum pulp. Place the pulp into a deep stainless steel saucepan and stir in the powdered pectin until dissolved. Bring to a boil over high heat, stirring frequently. Add the sugar and bring to a rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon the hot jam mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Peach Jam

Makes 7 half-pint jars

8 cups ripe soft peaches, chopped, pitted, and peeled

4 tablespoons lemon juice (preferably freshly squeezed)

6 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Blanch peaches in boiling water for 30–60 seconds to remove skins. Combine peaches, lemon juice, and sugar in a deep stainless steel saucepan. Bring to a boil over medium heat, stirring constantly. Boil, stirring frequently, until the mixture has thickened and is at the gel stage (20–30 minutes, depending upon the fruit used). To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through.

When gel stage has been reached, remove the hot mixture from the stove and skim off any foam.

Using a ladle and a funnel, spoon the hot jam mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

This recipe does not use pectin because the fruit naturally contains enough pectin. Because pectin is not being added, be sure to use ⅓ under-ripened fruit and ⅔ fully ripened fruit.

Strawberry Jam

Makes 6 half-pint jars

3½ pounds whole ripe strawberries, unblemished, hulled, and rinsed

2 lemons, squeezed and juice strained

3½ pounds sugar

1 teaspoon butter

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place whole strawberries and lemon juice in a large deep stainless steel saucepan. Simmer over a medium heat for 15–20 minutes until the strawberries are very soft and the fruit collapses.

On medium heat, add sugar and stir until the sugar is dissolved. Add the butter and bring to a rolling boil. Continue the rolling boil for about 10 minutes, until the hot mixture has set or is at the gel stage (20–30 minutes, depending upon the fruit used). To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon the hot jam mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

This recipe does not use pectin because the fruit naturally contains enough pectin. Because pectin is not being added, be sure to use ⅓ under-ripened fruit and ⅔ fully ripened fruit.

Apple Pie Jam

4 cups cooked apple sauce

¼ cup lemon juice

½ teaspoon cinnamon

¼ teaspoon nutmeg ¼ teaspoon allspice

½ cup honey or maple syrup (or ¾–2 cups sugar)

2 teaspoons pectin

Peel, core, and chop apples and put in a sauce pan with the water. Bring to a simmer and simmer while covered, stirring and mashing occasionally, until you have your desired consistency of apple sauce. Remove from heat and measure out 4 cups of apple sauce.

Wash jars, lids, and bands. Place jars in canner, fill canner ⅔ of the way full with water, bring to a boil. Turn off heat, cover, and keep jars in hot canner water until ready to use. Place lids in water in a small sauce pan; cover and heat to a low boil. Turn off heat and keep lids in hot water until ready to use.

Put measured amount of apple sauce into sauce pan. Add lemon juice and spices, and mix well. Measure sugar or honey into a bowl. Thoroughly mix pectin into sweetener and set aside. Bring fruit mixture to a full boil. Add pectin-sweetener mixture, stirring vigorously for 1–2 minutes to dissolve the pectin while the jam comes back up to a boil. Once the jam returns to a full boil, remove from heat.

Fill hot jars to ¼ inch from the top. Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. Boil 10 minutes and remove from water. Let jars cool. Check seals; lids should be sucked down. Eat within 1 year. Lasts 3 weeks once opened.

Red Tomato Jam

Makes 6 half-pint jars

18 medium tomatoes (about 6 pounds)

1 (1¾ oz.) package powdered pectin

Grated peel and juice from 1 large lemon

½ teaspoon salt

3½ cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash tomatoes and drain. Remove core and cut into large chunks. Cook tomatoes in a large saucepan until soft. Process through a food mill, discarding the skins and seeds. Cook the tomato pulp in a large saucepan until it has reduced down to 3 cups.

Combine the tomato pulp, powdered pectin, lemon peel and juice, and salt in a large saucepan and bring to a boil over medium heat, stirring occasionally. Once the mixture is boiling rapidly, add sugar and stir until dissolved. Bring mixture to a rolling boil. Continue the rolling boil for 1 minute, stirring constantly. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon the hot jam mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Raspberry Jam

Makes 7 half-pint jars

5 cups raspberries

(1¾ oz.) package powdered pectin

7 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Crush the raspberries by hand so they are very juicy and place in a large stainless steel saucepan. Whisk in powdered pectin until dissolved. Bring the mixture to a boil over high heat, stirring constantly. Add sugar. Bring mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Blueberry Jam

Makes 7 half-pint jars

9 cups blueberries

6 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Crush the blueberries by hand so they are very juicy and place in a large stainless steel saucepan. Add sugar. Slowly bring mixture to a boil, stirring constantly, until sugar dissolves. Bring mixture to a full rolling boil, stirring frequently for several minutes, until the hot mixture has set or is at the gel stage (20–30 minutes, depending upon the fruit used). To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through.

Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rims of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

This recipe does not use pectin because the fruit naturally contains enough pectin. Because pectin is not being added, be sure to use ⅓ under-ripened fruit and ⅔ fully ripened fruit.

Orange Rhubarb Jam

Makes 7 half-pint jars

2 oranges (about 1 cup) freshly squeezed orange juice

2½ pounds (about 5 cups) finely diced rhubarb

1 (1¾ oz.) package powdered pectin

6 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Squeeze the juice from the oranges. Measure the juice and add water, if needed, to make 1 cup. Using a vegetable peeler, remove the peel from half of one orange (do not include the white pith of the orange). Cut the peel into very thin slivers and set aside.

In a large stainless steel saucepan, combine orange juice, orange peel, and rhubarb. Whisk in powdered pectin until dissolved. Bring to a boil over high heat, stirring constantly. Stir in the sugar and bring the mixture to a rolling boil, stirring constantly. Continue the rolling boil for 1 minute, stirring constantly. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

May Day Jam

(www.cooks.com)

Makes 2 pints

2 cups diced rhubarb

2 cups fresh or canned crushed pineapple, drained

1 pint strawberries, washed and hulled

4 cups sugar

In a 6 quart pot, combine rhubarb, pineapple and strawberries. Gently stir in sugar. Let stand until juices begin to flow (about 15 minutes). Wash 4 half-pint jars in hot soapy water and rinse clean. Bring jam to a boil over medium heat. Stirring frequently, continue to boil until jam thickens (15 to 20 minutes). Stirring occasionally, continue to boil gently until jam reaches 218˚F.

Ladle hot jam into 1 hot jar at a time, leaving ¼-inch headspace. Wipe rim with a clean damp cloth. Attach lids and place in canner. Fill and close remaining jars. Process in boiling water bath. Pour water around jars until there is 1–2 inches of water above the jars. Do not pour boiling water directly on the jars. Cover canner and bring to boil. Process for 10 minutes.

JELLIES

Apple Jelly

Makes 7 half-pint jars

5 cups natural unsweetened apple juice (see note on this page)

1 (1¾ oz.) package powdered pectin

7 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place apple juice in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Making Juice from Hard Fruits

To make any flavor jelly, the essential ingredient is juice. Below are simple directions to make natural juice from a variety of fresh hard fruits.

Apples, pears, peaches, nectarines, and plums, are all considered hard fruits. To make juice from hard fruits, first wash the fruit, remove the stems (do not peel or core the fruit), and cut into quarters. Add 1 cup of water to each quart of fruit and place this into a large stainless steel saucepan. Cover and simmer the mixture until the fruit is soft. Strain the mixture through a damp jelly bag or cheesecloth. (The jelly bag or

cheesecloth can be placed in a colander which can then be placed on top of a bowl. Allow the juice to drain slowly into the bowl.) Collect the juice in a bowl underneath the jelly bag (this may take 2 hours or even overnight).

Blueberry Jelly

Makes 5 half-pint jars

3½ cups natural unsweetened blueberry juice (see note on this page)

2 tablespoons lemon juice

1 (1¾ oz.) package powdered pectin

5 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place blueberry juice and lemon juice in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Making Juice from Berries

To make any flavor jelly, the essential ingredient is juice. Below are simple directions to make natural juice from a variety of fresh berries.

To make juice from berries, first wash and stem the berries, then crush them by hand. Add ¼ to ½ cup of water to each quart of crushed berries and place this into a large stainless steel saucepan. Cover and simmer the mixture until the berries are soft. Strain the mixture through a damp jelly bag or cheesecloth. (The jelly bag or cheesecloth can be placed in a colander which can then be placed on top of a bowl. Allow the juice to drain slowly into the bowl.) Collect the juice in a bowl underneath the jelly bag (this may take 2 hours or even overnight).

Raspberry Jelly

Makes 6 half-pint jars

4 cups natural unsweetened raspberry juice (see this page)

4 tablespoons lemon juice

1 (1¾ oz.) package powdered pectin

5½ cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place raspberry juice and lemon juice in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Grape Jelly

Makes 7 half-pint jars

5 cups natural unsweetened grape juice (see this page)

1 (1¾ oz.) package powdered pectin

6 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place grape juice in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Strawberry Jelly

Makes 5 half-pint jars

3½ cups natural unsweetened strawberry juice (see this page)

1 (1¾ oz.) package powdered pectin

4½ cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place strawberry juice in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Plum Jelly

Makes 8 half-pint jars

5½ cups natural unsweetened plum juice (see this page)

1 (1¾ oz.) package powdered pectin

7½ cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place plum juice in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Peach Jelly

Makes 5 half-pint jars

3 cups natural unsweetened peach juice (see this page)

½ cup lemon juice

1 (1¾ oz.) package powdered pectin

5 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place peach juice and lemon juice in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Tomato Jelly

Makes 7 half-pint jars

4 cups natural unsweetened tomato juice (see this page)

4 tablespoons lemon juice

2 tablespoons minced crystallized ginger

1 teaspoon salt

1 teaspoon hot sauce

2 (1¾ oz.) packages powdered pectin

8 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place tomato juice, lemon juice, crystallized ginger, salt, and hot sauce in a large stainless steel saucepan and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Jalapeño Jelly

(www.cooks.com)

¾ pound jalapeño peppers

2 cups cider vinegar

6 cups sugar

2 pouches liquid pectin

Wash jalapeños; remove stems, cores and seeds from peppers. Puree the peppers with 1 cup vinegar in a blender or food processor. Transfer mixture to a large soup pot and add remaining vinegar and sugar. Bring to a boil, and continue to boil for 10 minutes, stirring constantly.

Add pectin and continue cooking at a rolling boil for another minute, stirring constantly. Skim away any foam which accumulates at the top.

Remove from stove. While the jelly is still hot, ladle it into hot jelly jars, leaving a ¼-inch headspace. Screw on lids and adjust. Process in a boiling water bath canner for 10 minutes. Remove from canner and cool in a draft free place. Store on shelf.

Refrigerate after opening.

PRESERVES

Apple Preserves

Makes 6 half-pint jars

6 cups apples, sliced, peeled, and cored

1 cup water

1 tablespoon lemon juice

1 (1¾ oz.) package powdered pectin

½ cup thinly sliced and seeded lemon

4 cups sugar

2 teaspoons nutmeg

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place apples, water, and lemon juice in a large stainless steel saucepan. Bring mixture to a boil over high heat. Cover and simmer over low to medium heat for about 10 minutes, stirring occasionally. Remove mixture from the heat and whisk in powdered pectin until dissolved. Bring mixture to a boil over high heat, stirring constantly. Add lemon slices and sugar, stirring until sugar is dissolved. Return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam. Stir in nutmeg.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Grape Cranberry Preserves

Makes 5 half-pint jars

4 cups natural unsweetened grape juice (see this page)

4 cups chopped cranberries (thaw if using frozen cranberries)

1 teaspoon finely grated orange zest

5 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place grape juice, cranberries, and orange zest in a large stainless steel saucepan. Bring mixture to a boil over medium heat. Maintain the boil, gradually adding sugar while stirring constantly. Continue the rolling boil for about 15 minutes, or until the mixture thickens and begins to gel (20–30 minutes, depending upon the fruit used). To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through.

When the mixture is at the gel stage, remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Strawberry Preserves

Makes 7 half-pint jars

2 quarts strawberries, washed, stemmed, and halved

¼ cup finely chopped and seeded lemon

¼ cup water

1 (1¾ oz.) package powdered pectin

7 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine strawberries, lemon, water, and pectin in a large stainless steel saucepan. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Cherry Preserves

Makes 6 half-pint jars

3 pounds pitted cherries

1 (1¾ oz.) package powdered pectin 5 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine cherries and powdered pectin in a large stainless steel saucepan. Bring mixture to a boil over high heat, stirring constantly. Add sugar and return mixture to a full rolling boil, stirring constantly. Continue the rolling boil for 1 minute. Remove from heat and skim off any foam. After removing from heat, stir for a few additional minutes to redistribute the fruit.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Plum Preserves

Makes 5 half-pint jars

5 cups pitted and halved plums

4 cups sugar

1 cup water

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine all ingredients in a large stainless steel saucepan. Slowly bring mixture to a boil over medium heat, stirring constantly to dissolve the sugar. Cook mixture rapidly, stirring constantly to prevent sticking. Once the mixture is almost at the gel stage, remove from heat and skim off any foam.

To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Raspberry Preserves

Makes 4 half-pint jars

8 cups raspberries

4 cups sugar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine raspberries and sugar in a large stainless steel saucepan. Bring mixture to a boil over medium heat, stirring constantly to dissolve the sugar. Continue the rolling boil, stirring constantly, until mixture thickens (about 15 minutes). When the mixture has reached the gel stage, remove from heat and skim off any foam.

To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Apricot Preserves

Makes 4 half-pint jars

5 cups apricots, pitted and halved

4 cups sugar

¼ cup lemon juice

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine all ingredients in a large stainless steel saucepan and let sit for 6 hours. Slowly bring to a boil. When sugar is completely dissolved, cook rapidly until the mixture is almost at the gel stage.

To test for the gel stage, dip a spoon into the hot fruit mixture and place the mixture on a chilled saucer. Place the saucer in the freezer for 1 minute. Push one finger through the spread. If the mixture is at the gel stage, it will be set and the surface will crinkle when pushing a finger through.

Cook to thicken more, stirring constantly to prevent sticking. Remove from heat and skim off any foam.

Using a ladle and a funnel, spoon hot mixture into prepared, sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Carrot Cake in a Jar

(www.cooks.com)

8 (12-ounce) jars, lids and rings
1 orange
2 cups all-purpose flour
2 teaspoons baking powder
1½ teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon salt
2 cups granulated sugar
1¼ cups vegetable oil
4 large eggs
2 cups carrots, grated
½ cup walnuts or pecans, chopped

Wash the jars, lids and rings in hot soapy water. Fill a large pot with water and bring to a boil. Sterilize the jars by boiling for 15 minutes. Keep the lids and rings in water until ready to use.

Remove the jars from the water and place them right side up on a clean towel to dry. While the jars cool, prepare the cake batter.

When jars have cooled, generously grease the inside of each jar with vegetable shortening. Preheat oven to 325°F. Place a baking sheet in the middle rack of the oven. Sift together the flour, baking powder, baking soda, cinnamon and salt; set aside. Puree orange (peel and all) in a blender, cutting off the ends, quartering and removing seeds. Beat together the orange puree, sugar, oil and eggs; add the dry ingredients, mixing well. Add the carrots and nuts and beat for 30 seconds.

Divide the batter evenly among the 8 jars, filling them about ½ the way to the top. Use a thin knife to release any air bubbles trapped in the batter. Wipe off the jar rim with a vinegar dampened paper towel so that the jar edge will be grease-free for a better seal. Bake for 35–40 minutes, or until a wooden toothpick inserted into the cakes comes out clean. When cakes test done, use heavy oven mitts to remove from the oven. Remove lids from hot water and seal jars and tightly with rings. Cool hot jars on a towel on the counter, free from drafts. The next day, check the jars to make sure they have sealed.

Store the jars in a cool dry place for up to six months. They may also be refrigerated until ready to use.

Canned Apple Pie Filling

(www.cooks.com)

7 quarts apples

10 cups water

4½ cups sugar

1 cup cornstarch

4 tablespoons lemon juice

4 teaspoons cinnamon

½ teaspoon nutmeg

1 teaspoon salt

Mix dry ingredients in a large pan. Slowly add water and cook until thick. Add lemon juice. Fill 7 quart jars to the neck with sliced apples. Add cooked mixture to top of apples in jars. Process in a boiling water bath for 25 minutes.

FRUITS

Making Syrup for Fresh Fruit Canning

Heavy Syrup
Makes 7 cups
4¼ cups sugar
4¼ cups water

Medium Syrup
Makes 7 cups
3¼ cups sugar
5 cups water

Light Syrup
Makes 6½ cups
2¼ cups sugar
5¼ cups water

Extra Light Syrup
Makes 6 cups
1¼ cups sugar
5½ cups water

Syrups are used to raw-pack fresh fruit. Processing fresh fruit in simple sugar syrups is the easiest way to can because the sugar syrup helps the fruit keep its flavor, color, and firmness.

To make a simple syrup, combine sugar and water in a large stainless steel saucepan. Bring the mixture to a boil over medium-

high heat, stirring constantly until the sugar is dissolved. Reduce heat to low and keep the syrup warm until ready to use.

For each quart jar of fruit, prepare 1 to 1½ cups of syrup. Each of the following recipes indicates which type of syrup should be used.

Apples

Makes 4 quarts

12 pounds apples, peeled, cored, and quartered

1 batch medium syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine apples and syrup in a large stainless steel saucepan. Bring to a boil over medium heat. Reduce heat to low and boil for 5 minutes.

Ladle hot apples into hot prepared quart jars, leaving ½ inch head space. Using a ladle and a funnel, spoon the hot syrup over the apples, again leaving ½ inch head space at the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pears

Makes 4 quarts

12 pounds pears, peeled, cored and halved (use firm but ripe pears)

1 batch medium syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine pears and syrup in a large stainless steel saucepan. Bring to a boil over medium heat. Reduce heat to low and boil for 5 minutes.

Ladle hot pears into hot prepared quart jars, leaving ½ inch head space. Using a ladle and a funnel, spoon the hot syrup over the pears, again leaving ½ inch head space at the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 25 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Blueberries

Makes 4 quarts

12 pounds blueberries

1 batch medium syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash blueberries, drain. Using a ladle and a funnel, spoon ½ cup hot syrup into prepared hot quart jars. Fill jars with blueberries, leaving ½ inch head space. Fill jars with the remaining hot syrup, again leaving ½ inch head space at the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Peaches

Makes 4 quarts

12 pounds peaches, peeled, pitted, and halved

1 batch medium syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Place peach halves, skin side up, in prepared hot quart jars. Using a ladle and a funnel, spoon the hot syrup over packed peaches, leaving ½ inch head space. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Plums

Makes 4 quarts

12 pounds plums

1 batch medium syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash plums, drain. Using a sharp knife, stick whole plums in several places (this allows for even cooking). Pack whole plums into hot prepared quart jars, leaving ½ inch head space. Using a ladle and a funnel, spoon the hot syrup over packed plums, again leaving ½ inch head space from the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 25 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Cherries

Makes 4 quarts

12 pounds cherries

1 batch medium syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash cherries, drain. Using a ladle and a funnel, spoon ½ cup hot syrup into hot prepared quart jars. Pack cherries into jars, leaving ½ inch head space. Ladle hot syrup over packed cherries, again leaving ½ inch head space from the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 25 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Grapes

Makes 6 quarts

12 pounds grapes

1 batch medium syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash grapes, drain. Using a ladle and a funnel, spoon ½ cup hot syrup into prepared hot quart jars. Pack grapes into jars, leaving ½ inch head space. Ladle hot syrup over packed grapes, again leaving ½ inch head space from the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Strawberries

Makes 4 quarts

12 pounds strawberries

1 batch heavy syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash strawberries, cut tops off, and drain. Using a ladle and a funnel, spoon ½ cup hot syrup into prepared hot quart jars. Pack strawberries into jars, leaving ½ inch head space. Ladle hot syrup over packed strawberries, again leaving ½ inch head space from the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pineapple

Makes 4 quarts

12 pounds pineapple, peeled, cored, and cut into ½-inch slices

1 batch light syrup (see this page)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine pineapple and light syrup into a large stainless steel saucepan. Simmer pineapple in syrup over low to medium heat until fruit is tender. Using a ladle and a funnel, pack the hot pineapple with syrup into prepared hot jars, leaving ½ inch head space at top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Tomatoes

Makes 4 quarts

12 pounds firm, ripe tomatoes

Water, as needed

2 tablespoons lemon juice per quart jar

1 teaspoon salt per quart jar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash tomatoes, drain. Blanch tomatoes in a large stainless steel saucepan for 30 to 60 seconds, or until tomato skins crack. Remove the tomatoes from the boiling water and immediately dip into cold water. Peel skins, core, and cut away any green areas. Leave the tomatoes whole or cut in half. Place tomatoes back in large saucepan, adding just enough water to cover the tomatoes. Boil gently for about 5 minutes.

Add 2 tablespoons of lemon juice to each prepared hot quart jar. Using a ladle and a funnel, pack the tomatoes into hot jars with lemon juice. Cover tomatoes with the hot water they were simmering in, leaving ½ inch head space at the top of each jar. Add 1 teaspoon of salt to each quart jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 45 minutes (see this page for process times for higher elevations). Turn heat off and let canner cool for 5 minutes. Remove jars and cool overnight. Remove outer lid and store.

PICKLED FOODS

Sweet Gherkin Pickles

Makes 8 pints

½ cup canning salt, divided
8 pounds small cucumbers (1-inch to 2-inch)
8 cups sugar, divided
6 cups vinegar, divided
½ teaspoon turmeric
2 teaspoons whole pickling spice
2 teaspoons celery seeds
½ teaspoon allspice
2 cinnamon sticks

Dissolve ¼ cup of salt in 6 quarts of boiling water and let cool. Wash cucumbers well. Place the washed and unpeeled cucumbers in the cooled water and let stand for 24 hours. After 24 hours, drain and prick the cucumbers with a fork.

Combine 3 cups of sugar with 3 cups of vinegar, ¼ cup of salt, and turmeric in a large stock pot. Put spices in a spice bag and tie. Add this to the stock pot and bring to a boil. Pour the hot liquid over the cucumbers and let stand for 8 hours.

Drain the cucumbers, reserving the liquid and the spice bag. Put the liquid and spice bag in a large stock pot and add 2 cups of sugar and 2 cups of vinegar. Bring this to a boil. Pour over cucumbers. Let sit overnight. The next day, drain the cucumbers, reserving the liquid and the spice bag. Put reserved liquid and spice bag in a large stock pot. Add 2 cups of sugar and 1 cup of vinegar and bring this to a boil. Pour over cucumbers. Let this stand for another 8 hours. Remove the spice bag and the cucumbers, reserving the liquid.

Put the liquid only in a large stock pot and add 1 cup of sugar. Bring this to a boil.

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Pack cucumbers in hot, sterile jars, leaving ¼ inch head space at the top of each jar. Using a ladle, pour hot liquid over the cucumbers and again leave ¼ inch head space. Remove air bubbles. Place two-piece lids on jars firmly. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Bread and Butter Pickles

Makes 7 pints

4 pounds pickling cucumbers (no more than 6 inches), cut into slices

2 pounds onions, thinly sliced

⅓ cup canning salt

2 cups sugar

2 tablespoons mustard seed

2 teaspoons turmeric

2 teaspoons celery seed

1 teaspoon ginger

1 teaspoon peppercorn

3 cups distilled white vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine cucumbers, onion, and canning salt in a glass or stainless steel bowl. Cover the mixture with cold water and let stand for 2 hours at room temperature. After 2 hours, drain and rinse thoroughly.

Combine the remaining ingredients into a large stainless steel saucepan. Bring to a boil over medium heat. Add drained and rinsed cucumbers and onion mixture to the saucepan and return to a boil.

Using a ladle and a funnel, pack the hot pickles and liquids into hot prepared jars, leaving ¼ inch head space at the top of the jars. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Dill Pickles

Makes 3 quarts

4 pounds garden cucumbers

6 tablespoons kosher or pickling salt

3 cups distilled white vinegar

3 cups water

1 tablespoon whole mixed

pickling spices

18 black peppercorns

3 tablespoons dill seed or fresh

dill sprigs

Wash cucumbers. Leave the cucumbers whole if smaller than 4 inches in diameter. For larger cucumbers, cut them in slices (or cut lengthwise, in halves, or quarters).

Prepare jars, lids, and hot water bath canner (see this page for instructions). Keep jars and lids hot.

Combine the salt, vinegar, and water in a 3- to 4-quart saucepan. Bring the liquid to a boil over high heat, stirring occasionally to dissolve the salt. Keep the liquid hot.

Tightly pack the cucumbers into prepared jars. Add 1 teaspoon of pickling spices, 6 peppercorns, and 1 tablespoon of dill seed to each quart jar. If using pint jars, add ½ teaspoon of pickling spices, 3 peppercorns, and 1½ teaspoon dill seed to each. If using fresh dill, add a sprig or two to each jar between the inside edge of the jar and the cucumbers.

Using a ladle and a funnel, spoon the hot liquid into packed jars, leaving ½ inch of head space for the quart jars or ¼ inch of head space for the pint jars. Completely submerge the cucumbers in the

liquid. If they protrude from the jar, adjust them until the proper head space is achieved. Release any air bubbles. Add more liquid to the jars if needed.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes for quart jars or 10 minutes for pint jars (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Garlic Dill Pickles

Makes 4 quarts

5 pounds cucumbers, cut into slices lengthwise

1 teaspoon powdered alum

8 cloves garlic

8 teaspoons dill seed

1 quart distilled white vinegar

2 quarts water

1 cup salt

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash cucumbers, drain. Slice cucumbers and pack into prepared quart jars. To each quart jar, add ¼ teaspoon alum, 2 cloves of garlic, and 2 teaspoons dill seed.

In a large stainless steel saucepan, combine vinegar, water, and salt. Bring mixture to a boil.

Using a ladle and a funnel, spoon the hot vinegar mixture into prepared quart jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pickled Onions

Makes 7 pints

4 quarts pickling onions, peeled

1 cup canning salt

2 cups sugar

¼ cup mustard seed

2½ tablespoons horseradish

2 quarts distilled white vinegar

7 small hot peppers

7 bay leaves

Prepare jars, lids, and hot water bath canner (see this page for instructions).

In a glass or stainless steel bowl, combine onions, canning salt, and enough cold water to cover onions. Let stand for 24 hours in a cool place. Drain, and rinse thoroughly.

Combine sugar, mustard seed, horseradish, and vinegar in a large stainless steel saucepan. Bring to a boil and simmer for 15 minutes.

Pack onions into prepared jars, leaving ¼ inch head space at the top of each jar. Cut two small slits in the hot peppers. Add 1 pepper and 1 bay leaf to each jar. Using a ladle and a funnel, spoon the hot pickle mix into each jar, leaving ¼ inch head space. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Pickled Corn

(www.cooks.com)

12 ears of corn
2 cups sliced celery
1 cup chopped onion
2 cups chopped cabbage
1 cup chopped red, yellow or green bell pepper (or mixture)
½ teaspoon ground ginger
1 cup brown sugar (packed in measuring cup)
3 cups organic cider vinegar
2 tablespoons mustard seeds
1 tablespoon dry mustard powder
1 teaspoon curry powder
1 tablespoon canning salt

Peel off corn husks, making sure to remove all remnants of silk. Rinse corn and cut off ends.

In a large pot, boil 2–3 quarts of water. When water begins to boil, add corn and boil for 5 minutes. Rinse corn under cold water. Stand an ear of corn on end in the center of a Bundt pan. Using a sharp knife, cut the kernels from each ear. In a 6 quart pot, mix 8 cups corn kernels with remaining ingredients. Bring to a boil and reduce heat to a simmer. Cover and continue to simmer over low heat for 15 minutes.

Wash jars in hot soapy water. Keep jars hot until ready to use, while preparing lids according to manufacturer's instructions. Ladle relish into 6 heated jars, leaving 1/4-inch head space. Wipe rim of jar clean using a damp paper towel; adjust lid. Process in a boiling

water bath canner for 15 minutes. Remove from canner and allow cooling for 24 hours before storing in a cool, dark place.

Pickled Beets

Makes 6 pints

3 quarts peeled and cooked whole beets

2 cups sugar

2 cinnamon sticks

1 tablespoon allspice

1½ teaspoons salt

3½ cups distilled white vinegar

1½ cups water

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine all ingredients in a stainless steel saucepan. Bring this to a boil over medium heat. Reduce heat and simmer for 5 minutes. Remove cinnamon sticks.

Using a ladle and a funnel, pack the hot beets and liquids into hot prepared jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 30 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pickled Hot Peppers

Makes 5 pints

1 pound jalapeño peppers

1½ pounds banana peppers

¼ pound serrano peppers

6 cups distilled white vinegar

2 cups water

3 cloves crushed garlic

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash peppers, drain. Leave the peppers whole or cut them into 1-inch pieces. Mix peppers together. Combine vinegar, water, and garlic in a large stainless steel saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer for 5 minutes. Strain out the garlic.

Using a ladle and a funnel, pack the peppers and hot liquid into hot prepared jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Pickled Peaches

Makes 3 quarts

4 sticks cinnamon

2 tablespoons crushed cloves

1 tablespoon fresh grated ginger

6 cups sugar

1 quart distilled white vinegar

8 pounds peeled peaches

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Tie spices in a spice bag. Combine sugar, vinegar, and spice bag in a large stainless steel saucepan. Boil for 5 minutes over medium heat. Cook peaches in the boiling mixture until they can be pierced with a fork. Remove from heat and set aside overnight to allow peaches to soak up the syrup mix.

The next day, bring mixture with peaches to a boil. Remove spice bag. Using a ladle and Remove outer lid and store.a funnel, pack the hot peaches and liquid into hot prepared jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pickled Watermelon Rinds

Makes 5 pints

16 cups sliced, peeled watermelon rinds

1 cup canning salt

8 cups cold water, divided

6 cups sugar

4 cups distilled white vinegar

3 cinnamon sticks, halved

Place watermelon rind, salt, and 4 cups of cold water in a large stainless steel or glass bowl. To keep rind from floating, place an inverted, clean glass plate on top and place a weight on top of the plate. Cover with plastic wrap and refrigerate overnight. The next day, drain and rinse rind thoroughly.

Place rinsed rinds in a large stainless steel saucepan with the remaining 4 cups of cold water. Bring to a boil over medium-high heat. Reduce heat and boil until the rind is fork-soft, about 10 minutes. Drain and set aside.

Combine sugar, vinegar, and cinnamon sticks in another large stainless steel saucepan. Boil over medium-high heat, stirring frequently to dissolve sugar. Reduce heat to low and boil gently for 5 minutes. Add drained rind and return mixture to a gentle boil, stirring occasionally for about 1 hour or until the rind is translucent. Remove cinnamon sticks.

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Using a ladle and a funnel, pack the hot rinds and liquid into hot prepared jars, leaving ½ inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pickled Zucchini

Makes 5 half-pint jars

4 cups, cubed, peeled, and seeded zucchini

1 cup sliced onion

2 cups water

1¼ cups sugar

1 cup distilled white vinegar

1 teaspoon canning salt

1 teaspoon dry mustard

½ teaspoon powdered turmeric

½ teaspoon powdered ginger

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine zucchini and onions in a large glass or stainless steel bowl and set aside.

Combine remaining ingredients in a large stainless steel saucepan. Bring to a boil over medium heat, stirring frequently to dissolve sugar. Add zucchini and onion mixture, then return to a boil for 10 minutes or until vegetables are tender.

Using a ladle and a funnel, pack the hot zucchini mixture and liquid into hot prepared jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Sweet Pickle Relish

Makes 8 half-pint jars

1 quart chopped cucumbers

2 cups chopped onions

1 cup chopped green peppers

1 cup chopped red peppers

¼ cup salt

3½ cups sugar

1 tablespoon celery seed

1 tablespoon mustard seed

2 cups distilled white vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine cucumbers, onions, peppers, and salt in a large glass or stainless steel bowl. Cover with cold water and set aside for 2 hours. Drain and rinse thoroughly.

Combine sugar, spices, and vinegar in a large stainless steel saucepan; bring to a boil over medium heat. Add drained and rinsed vegetables, then return to a boil and simmer for 10 minutes, stirring occasionally.

Pack hot relish into hot prepared jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Chow-Chow Relish

Makes 4 pints

1 quart chopped cabbage
3 cups diced cauliflower
2 cups chopped green tomatoes
2 cups chopped green peppers
1 cup chopped red peppers
3 tablespoons salt
1½ cups sugar
2 teaspoons celery seed
2 teaspoons dry mustard
1 teaspoon turmeric
½ teaspoon ginger
2½ cups distilled white vinegar

Combine vegetables in a large glass or stainless steel bowl. Cover with water and salt, then set aside for 6 hours. Drain and rinse thoroughly.

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine sugar, spices, and vinegar in a large stainless steel saucepan; bring to a boil over medium-high heat. Add drained and rinsed vegetables, then simmer for 10 minutes. Bring to a full boil again, lower heat, and simmer for another 10 minutes.

Pack mixture into hot prepared jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Sauerkraut

Makes 12 pints or 6 quarts

25 pounds cabbage

1 cup canning salt

Remove outer leaves from firm cabbage heads; wash and drain. Cut into halves or quarters and remove the core. Use a shredder to cut cabbage into thin shreds.

Combine 5 pounds of shredded cabbage with 3 tablespoons of canning salt in a large glass bowl. Let salted cabbage stand for 10 minutes so that it wilts slightly. Pack salted cabbage into a large pickling container and press down firmly with a clean wooden spoon or clean hands, until cabbage juice comes to the surface. Repeat this step until all cabbage is in the pickling container. If juice does not cover the cabbage, add brine (see note below).

> To make brine, combine 4½ teaspoons of canning salt with 4 cups of water; bring to a boil over medium-high heat to dissolve the salt. Let cool to room temperature; ladle over cabbage to cover.

Place a large clean inverted plate with weights on top (such as sterile filled quart jars) over the cabbage to keep the cabbage 2 to 4 inches below the brine. Cover with a clean towel and place in a cool place.

The cabbage must be fermented, a process that takes up to 6 weeks. Each day, check the cabbage and skim off any foam that has formed and ensure the cabbage is still below the brine. Gas bubbles may also form during fermentation, but will cease once fermentation is complete.

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Pack sauerkraut with brine into hot prepared jars, leaving ½ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes for pint jars or 30 minutes for quart jars (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pickled Green Beans

Makes 4 pints

2 pounds green beans

¼ cup canning salt

2½ cups distilled white vinegar

2½ cups water

4 cloves garlic

4 dill heads

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash and trim ends of green beans. Combine salt, vinegar, and water in a stainless steel saucepan; bring to a boil over medium heat.

Pack raw green beans into hot prepared jars, leaving ¼ inch head space at the top of each jar. To each pint jar, add 1 clove of garlic and 1 dill head. Using a ladle and a funnel, pour the hot mixture over packed green beans, leaving ¼ inch head space. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pickled Garlic

Makes 3 pints

2 cups garlic cloves, peeled and blanched

1 cup sugar

1 teaspoon canning salt

3 cups distilled white vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Blanch garlic cloves for 1 minute; drain. In a large stainless steel saucepan, combine sugar, salt, and vinegar; bring to a boil over medium-high heat.

Pack hot garlic into hot prepared jars, leaving ¼ inch head space at the top of each jar. Using a ladle and a funnel, pour the hot mixture over packed garlic, leaving ¼ inch head space. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Pickled Green Tomatoes

Makes 6 pints

5 pounds green tomatoes, small, firm, and unblemished

¼ cup canning salt

3½ cups distilled white vinegar

3½ cups water

6 cloves garlic

6 dill heads

6 bay leaves

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash and core the green tomatoes. Combine salt, vinegar, and water in a large stainless steel saucepan; bring to a boil over medium heat.

Pack raw green tomatoes into hot prepared jars, leaving ¼ inch head space at the top of each jar. To each pint jar, add 1 clove of garlic, 1 dill head, and 1 bay leaf. Using a ladle and a funnel, pour the hot mixture over packed green tomatoes, leaving ¼ inch head space. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Corn Relish

Makes 6 pints

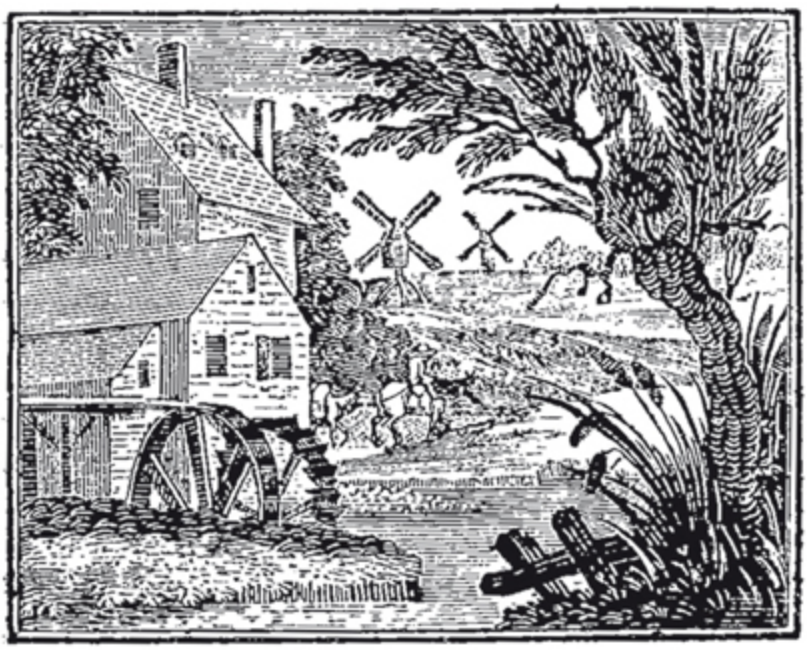
2 quarts cut kernel corn, cooked
1 small cabbage head, chopped
1 medium onion, chopped
1 cup green pepper, chopped
1 cup red pepper, chopped
1½ cups sugar
2 tablespoons dry mustard
1 tablespoon celery seed
1 tablespoon mustard seed
1 tablespoon salt
1 quart distilled white vinegar
1 cup water

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine all ingredients in a large stainless steel saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and simmer for 20 minutes.

Pack hot mixture into hot prepared jars, leaving ¼ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.



JUICES

Apple Juice

Makes 6 quarts

25 pounds apples, about 75 medium apples

2 quarts water

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash, stem, and chop apples. Place apples in a large stainless steel saucepan; add water. Cook the apples until they are tender. Strain apples in a damp jelly bag (or several layers of cheese cloth in a colander). Once all of the juice has dripped into a large stainless steel saucepan, heat the mixture for about 5 minutes or until the juice temperature reaches 190°F; do not boil. Using a ladle and a funnel, spoon the hot juice into prepared hot jars. Leave ¼ inch head space from the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Tomato Juice

Makes 6 quarts

25 pounds tomatoes, about 4 pounds per quart

Bottled lemon juice (approximately 12 tablespoons)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash tomatoes and remove the cores. Cut tomatoes in quarters and place in a large stainless steel saucepan. Cook the tomatoes on low to medium heat until they are soft, stirring frequently to prevent sticking. Juice the tomatoes in a food mill or food processor.

Strain tomatoes; discard seeds and skins. Place the juice in a large stainless steel saucepan. Heat the mixture for about 5 minutes or until the juice temperature reaches 190˚F; do not boil. Using a ladle and a funnel, spoon the hot juice into prepared hot jars. Add 2 tablespoons of lemon juice to each quart jar of tomato juice. Leave ¼ inch head space from the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 40 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

For this recipe, you can vary the amount of lemon juice to make more or less than indicated. A good rule of thumb to follow is to use 2 tablespoons per quart.

Tomato Vegetable Juice

Makes 7 quarts

25 pounds tomatoes, about 4 pounds per quart

¼ cup chopped parsley

1 cup diced carrots

1 cup chopped celery

1 cup chopped green peppers

½ cup chopped onions

1 tablespoon salt

Bottled lemon juice (approximately 14 tablespoons)

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash tomatoes and remove the cores. Cut tomatoes in quarters. Place tomatoes, parsley, and vegetables in a large stainless steel saucepan. Cook the tomatoes and vegetables on medium-low heat until they are soft, about 20 minutes. Stir occasionally to prevent sticking. Juice the mixture in a food mill or food processor.

Strain, discarding seeds and skins. Place the juice in a large stainless steel saucepan. Stir in salt and heat this for about 5 minutes or until the juice temperature reaches 190˚F; do not boil. Ladle hot juice into prepared hot jars. Add 2 tablespoons of lemon juice to each quart jar. Leave ¼ inch head space from the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 40 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

For this recipe, you can vary the amount of lemon juice to make more or less than indicated. A good rule of thumb to follow is to use 2 tablespoons per quart.

Grape Juice

1 cup grapes

½–1 cup sugar

Wash and stem fresh ripe grapes. Put 1 cup of grapes into a hot quart canning jar. Add ½–1 cup sugar into jar. Fill jar with boiling water, leaving ¼-inch head space. Seal jars with vacuum lid and screw band. Process quarts for 10 minutes in a boiling water bath in canner.

Rhubarb Juice

4 cups fresh rhubarb, cut

8 tablespoons sugar

2½ cups water

Cook rhubarb until tender and strain. Bring to a boil and pour into hot sterilized jars. Seal. Chill before serving.

This juice makes a good base for punch.

SAUCES AND SALSAS

Ketchup

Makes 3 pints

4 quarts tomatoes, cored, peeled, and chopped
1 cup onion, chopped
¼ cup red pepper
1½ teaspoons celery seed
1 teaspoon whole allspice
1 teaspoon mustard seed
1 cinnamon stick
1 cup sugar
1 tablespoon salt
1 tablespoon paprika
1½ cups distilled white vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine tomatoes, onions, and peppers in a large stainless steel saucepan. Cook over medium heat until soft. Strain through a food mill. Return hot mixture to large stainless steel saucepan and cook over medium-high heat, stirring frequently for about 1 hour or until the mixture is reduced by half. Tie spices in a spice bag and add spice bag, sugar, salt, and paprika to the hot mixture. Cook over low heat, stirring often, for 25 minutes. Add vinegar and continue cooking until the mixture is the consistency of thick ketchup. Remove spice bag.

Using a ladle and a funnel, spoon the hot mixture into prepared, hot sterile jars. Leave ¼ inch head space and remove air bubbles.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 10 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Taco Sauce

Makes 6 half-pint jars

3 cups tomato paste

2 tablespoons chili powder

1 tablespoon salt

1 teaspoon cayenne pepper

¼–1 teaspoon hot sauce (depending on how spicy you want it)

5 cups water

1 cup cider vinegar

½ cup corn syrup

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine all ingredients in a large stainless steel saucepan and bring to a boil over medium-high heat, stirring often. Reduce heat and simmer until the mixture becomes thick, about 15 minutes.

Using a ladle and a funnel, spoon the hot mixture into prepared, hot sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Chili Sauce

Makes 6 pints

4 quarts tomatoes, chopped, peeled, and cored
2 cups onions, chopped
2 cups red peppers
1 hot pepper, finely diced
1 cup sugar
3 tablespoons salt
3 tablespoons pickling spice
1 tablespoon celery seed
1 tablespoon mustard seed
2½ cups distilled white vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine tomatoes, onions, peppers, sugar, and salt in a large stainless steel saucepan. Cook over low heat for about 1 hour. Put spices in a spice bag and add to hot mixture. Cook for another hour on low heat, or until the mixture is reduced by half. Add vinegar and continue to cook slowly over low heat until desired thickness is reached.

Using a ladle and a funnel, spoon hot mixture into prepared sterile jars. Leave ¼ inch head space from the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for

process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Barbeque Sauce

Makes 4 pints

4 quarts tomatoes, chopped, peeled, and cored
2 cups celery, chopped
2 cups onions, chopped
1½ cups green peppers
1 teaspoon peppercorns
1 cup brown sugar
2 cloves minced garlic
1 tablespoon dry mustard
1 tablespoon paprika
1 tablespoon salt
1 teaspoon hot sauce
¼ teaspoon cayenne pepper
1 cup distilled white vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine tomatoes and vegetables in a large stainless steel saucepan. Cook on medium-high heat for about 30 minutes or until tender. Strain through a food mill. Cook mixture again on medium heat for about 45 minutes or until the mixture is reduced by half. Put peppercorns in a spice bag.

Add spice bag and remaining ingredients to the tomato mixture. Continue to cook on low heat, stirring frequently, until the mixture is thick, about 1½ hours. Remove spice bag.

Using a ladle and a funnel, spoon hot mixture into prepared sterile jars. Leave ¼ inch head space from the top of each jar. Wipe

the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 20 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Basic Salsa

Makes 3 pints

3 cups seeded, chopped long green chilies

1 jalapeño pepper, seeded and finely chopped

3 cups peeled, cored, and chopped tomatoes

¾ cup chopped onions

6 cloves garlic, finely chopped

1½ cups distilled white vinegar

½ teaspoon ground cumin

2 teaspoons oregano leaves

1½ teaspoons salt

Wash and rinse canning jars; keep hot until ready to use.

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Wash and dry the chilies and jalapeños. Discard seeds and chop. Peel, wash, and dice onions. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Coarsely chop tomatoes.

Combine all ingredients in a large stainless steel saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Using a ladle and a funnel, spoon the hot mixture into clean, hot jars, leaving ½ inch head space. Remove air bubbles and adjust head space if needed. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for

process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Fruit Salsa

Makes 6 half-pint jars

4 cups papaya, cubed, peeled, and seeded

2 cups pineapple, peeled, cored, and cubed

1 cup raisins

½ cup Anaheim peppers, chopped

2 tablespoons scallions, minced

2 tablespoons cilantro, minced

2 tablespoons brown sugar

1 cup lemon juice

½ cup pineapple juice

½ cup cider vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine all ingredients in a large stainless steel saucepan and bring to a boil over medium-high heat, stirring frequently. Reduce heat and simmer for 10 minutes.

Using a ladle and a funnel, spoon the hot mixture into prepared, hot sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Fresh Tomato Salsa

Makes 6 pints

6 pounds tomatoes (about 12 large tomatoes), peeled, seeded, and diced

3 cups diced red onions

2 cups cilantro, chopped

15 cloves garlic, minced

7 jalapeño peppers, seeded and diced

1 tablespoon salt

3 teaspoons dried red chili flakes

¼ cup sugar

1 cup red wine vinegar

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine all ingredients in a large stainless steel saucepan and bring to a boil over medium-high heat, stirring often. Reduce heat and simmer, stirring often, until mixture thickens, about 15 minutes.

Using a ladle and a funnel, spoon the hot mixture into prepared, hot sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

Hot Sauce

Makes 4 half-pint jars

2 quarts tomatoes, cored, peeled, and chopped

1½ cups hot red peppers, chopped and seeded

1 quart distilled white vinegar, divided

1 cup sugar

1 tablespoon salt

2 tablespoons pickling spices

Prepare jars, lids, and hot water bath canner (see this page for instructions).

Combine tomatoes, peppers, and 2 cups of vinegar in a large stainless steel saucepan. Cook over medium heat until the tomatoes are soft. Strain through a food mill. Return tomato mixture to a large stainless steel saucepan. Add sugar and salt. Tie spices in a spice bag and add this to the tomato mixture. Cook on medium heat, stirring frequently, until the mixture is thick, about 30 minutes. Add remaining vinegar and continue cooking until the desired consistency is reached.

Using a ladle and a funnel, spoon the hot mixture into prepared, hot sterile jars. Leave ¼ inch head space and remove air bubbles. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in hot water bath canner, making sure the water covers the jars by at least 1 inch. Boil for 15 minutes (see this page for process times for higher elevations). Turn heat off, remove jars, and cool overnight. Remove outer lid and store.

Always wear gloves while handling or cutting hot peppers. If you do not wear gloves, be sure to wash your hands thoroughly with soap and water before touching your face or eyes.

PART II

PRESSURE COOKER CANNING

VEGETABLES

Carrots

Make as many pints or quarts as you like

Carrots, scraped, sliced, or cut to desired size

Water

Salt

Prepare jars, lids, and pressure cooker (see this page for instructions). In a large stainless steel saucepan, cook the carrots covered in water for 5 minutes. Using a ladle and a funnel, pack into prepared hot sterile jars and add the hot water that the carrots had cooked in. Leave ½inch head space at the top of each jar. (If you prefer, you may leave the carrots raw and pour boiling water over packed carrots.) Add 1 teaspoon of salt to each quart jar or ½ teaspoon to each pint jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars, this will take 25 minutes and for quart jars it will take 30 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

Potatoes

Make as many pints or quarts as you like

Potatoes, washed, peeled, sliced or cut to desired size, or leave whole

Water

Salt

Prepare jars, lids, and pressure cooker (see this page for instructions).

Place potatoes in a large stainless steel saucepan and cover with water. Cook for 2 minutes if cubed or 10 minutes if sliced. Using a ladle and a funnel, pack into prepared hot sterile jars and add the hot water that the potatoes had cooked in. Leave ½ inch head space at the top of each jar. Add 1 teaspoon of salt to each quart jar or ½ teaspoon to each pint jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars, this will take 35 minutes and for quart jars it will take 40 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

Sweet Potatoes

Make as many pints or quarts as you like

Sweet potatoes

Water

Salt

Prepare jars, lids, and pressure cooker (see this page for instructions).

Wash the sweet potatoes. Place sweet potatoes in a large stainless steel saucepan and cook until the skins slip off. Cut into pieces. Using a ladle and a funnel, pack into prepared hot sterile jars and cover with boiling water. Leave 1 inch head space at the top of each jar. Add 1 teaspoon of salt to each quart jar or ½ teaspoon to each pint jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars, this will take 55 minutes and for quart jars it will take 90 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

String Beans or Wax Beans

Make as many pints or quarts as you like

String or wax beans, washed and trimmed ends

Water

Salt

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, pack raw beans into prepared hot sterile jars and pour boiling water over packed beans. Leave ½ inch head space at the top of each jar. Add 1 teaspoon of salt to each quart jar or ½ teaspoon to each pint jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars, this will take 20 minutes and for quart jars it will take 25 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

Canned Stewed Tomatoes

(www.cooks.com)

Makes 7 pints (or 3 quarts)

4 quarts tomatoes, chopped, peeled and cored
1 cup chopped celery
½ cup chopped onion
¼ cup chopped green pepper
1 tablespoon sugar
2 teaspoons salt

Prepare jars and lids. Combine all ingredients in a large saucepot. Cover; cook for 10 minutes, stirring to prevent sticking. Carefully ladle hot vegetables into hot jars, leaving 1-inch headspace. Remove air bubbles with a non-metallic spatula or a plastic straw. Wipe rim and threads of jar with a clean damp cloth. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly until a point of resistance is met. Process pints for 15 minutes (20 minutes for quarts) at 10 pounds of pressure in a steam-pressure canner.

Pumpkin

Make as many pints or quarts as you like

Pumpkin, peeled, scraped, cut into 1-inch cubes

Water

Prepare jars, lids, and pressure cooker (see this page for instructions).

In a large stainless steel saucepan, combine cubed pumpkin and water to cover and cook until tender. Strain. Pack hot pumpkin into prepared hot sterile jars. Leave ½ inch head space at the top of each jar. Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars, this will take 65 minutes and for quart jars it will take 80 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

SAUCES, SOUPS, AND STEWS

Spaghetti Sauce with Meat

Makes 6 quarts

2 pounds ground beef
3 cloves garlic, minced
1 cup onion, chopped
5 tablespoons extra-virgin olive oil
2 (32 oz.) cans crushed tomatoes
1 (32 oz.) can tomato puree
1 (8 oz.) can tomato paste
1 cup water
2 teaspoons basil
2 teaspoons salt
½ teaspoon oregano
½ teaspoon black pepper
¼ cup sugar (optional)

Brown meat, garlic, and onions in olive oil. Cook thoroughly and drain off fat.

Combine all ingredients in a stainless steel saucepan and bring to a boil. Reduce heat and simmer for 45 minutes on low heat, stirring often.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot sauce into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars, this will take 75 minutes and for quart jars it will take 90 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

Homemade Spaghetti Sauce

½ bushel tomatoes
3 pounds onions
2 large green peppers
1 large hot pepper
1 cup sugar
¼ cup salt
1 tablespoon garlic powder
1 tablespoon Italian seasoning
1 tablespoon oregano
1 pint Crisco oil
72 ounces tomato paste

Cook all ingredients in large kettle to desired consistency, stirring occasionally. Put sauce in sterilized jars and place in a pressure canner. Pour boiling water in canner to about 3 inches from bottom of jars. Pressure-can using 5 pounds of pressure for 10 minutes. Serve with your favorite pasta.

Chili Con Carne

Makes 7 quarts

2 pounds ground beef
1 cup onion, chopped
5 tablespoons fat
2 tablespoons green pepper, chopped
3 cups water
2 cups canned tomatoes
2 teaspoons salt
1 teaspoon paprika
2 teaspoons chili powder
½ teaspoon black pepper
¼ cup sugar (optional)
2 (16 oz.) cans kidney beans, undrained

Brown meat and onions in the fat. Cook thoroughly and drain off fat.

Combine all ingredients in a stainless steel saucepan and bring to a boil. Reduce heat and simmer for 30 minutes.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot chili into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars, this will take 75 minutes and for quart jars it will take 90 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

Home Canning Chili

5 pounds ground beef

2 cups chopped onions

1 clove minced garlic

6 cups canned tomatoes and juice

½ cup chili powder

1½ tablespoons salt

1 hot red pepper, finely chopped

1 teaspoon ground cumin seed

In the bottom of a large stockpot, brown the ground beef, onions and garlic. Drain well of any excess fat. Add the remaining ingredients and reduce heat to a simmer. Continue to cook about 20 minutes. Skim off any excess fat.

Meanwhile, prepare a pressure canner with several inches of simmering water. Place clean jars in the simmering water. Place the jar caps in hot water to sit until ready to use. Fill hot jars, one at a time, with hot chili, leaving 1 inch of headspace. Remove air bubbles from the mixture, if any exist, using a plastic knife or a straw.

Wipe the rims of the jars with a damp paper towel so that they're perfectly clean, allowing them to seal effectively. Put the lid on and tighten the ring just until the point of resistance is met. Place the jar into the simmering water in the canner, and continue to fill the remaining jars until all are used.

Place the lid on the canner but leave the petcock open—or, if using a weighted gauge canner, don't place the weight on for 10 minutes. It's necessary to vent a pressure canner so that there are no air pockets in the canner during processing. After 10 minutes of

venting, close the petcock or position the weighted gauge. Don't begin timing until the gauge begins to rock 2–3 times a minute, or if using a dial gauge canner, when the pressure comes up to 10 pounds.

Begin timing. Process pint jars for 1 hour 15 minutes, or quart jars for 1 hour 30 minutes. After the processing time has completed, allow the pressure canner to cool for 30 minutes and remove the weight gauge. After pressure is at 0 lbs psi (on dial gauge, or not steam escapes after weight is removed), then you can safely remove the lid. Face the lid away from you as it is removed, being careful of the steam. Allow jars to sit 5 minutes in the canner, and then remove using the jar lifter to a draft-free place to cool.

Allow to sit 24 hours, then carefully remove rings and wash jars. Yields 6 pints (or 3 quarts). You may double or triple this recipe if you have a larger canner. Serve chili with cooked or canned kidney, pinto beans, elbow macaroni or wide egg noodles if desired.

Beef Stew

Makes 6 quarts

3 pounds lean boneless beef chuck, trimmed and cut into 2-inch pieces

3 teaspoons salt

1 cup flour

5–7 tablespoons fat

1 pound carrots, scraped and sliced

3 pounds all-purpose white potatoes, peeled and cubed

1 cup onion, chopped

1 cup celery, chopped

3 cups water

½ teaspoon black pepper

1 teaspoon Worcestershire sauce

Preheat oven to 325˚F. Season beef with 1 teaspoon of salt. Coat beef cubes with flour. Braise beef in the fat. Combine all ingredients (including remaining salt) in a covered roasting pan. Cook for 3 hours or until meat is tender. Add water if the stew becomes too thick.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot stew into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars, this will take 75 minutes and for

quart jars it will take 90 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

Chicken Vegetable Soup

Makes 4 quarts

16 cups chicken broth

3 cups cooked chicken, chopped, or diced

1 cup onion diced

½ cup celery, diced

½ cup carrots, sliced

1 cup green beans

¼ cup parsley, chopped

1 teaspoon salt

Dash of pepper

Combine all ingredients into a stainless steel saucepan and bring to a boil. Reduce heat and simmer for about an hour, or until vegetables are tender.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot soup into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars, this will take 75 minutes and for quart jars it will take 90 minutes).

Please read manufacturers' safety instructions regarding pressure cooking.

Lentil Soup

Makes 7 quarts

2 cups lentils, dry and uncooked

2 quarts water plus more to soak lentils

2 leek stalks, diced

2 tablespoons onion, chopped

2 cups celery, diced

2 cups carrots, diced

2 teaspoons salt

4 tablespoons bacon fat or lard

4 hot dogs, cut into ½-inch slices

2 tablespoons flour

1 tablespoon water

In a large bowl, cover lentils with water and let these soak overnight. Drain the lentils. Place all ingredients (except flour and 1 tablespoon of water) in a large stainless steel saucepan and bring to a boil. Reduce heat and simmer for about an hour or until the carrots are tender.

Mix flour with remaining water to make a smooth paste. Add this to the hot soup and bring to a boil, stirring frequently. Shut off the heat and cover.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot soup into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars this will take 75 minutes and for quart jars it will take 90 minutes).

Vegetarian Lentil Soup

(www.cooks.com)

3 pounds dried lentils
8–10 cloves garlic, minced
2–3 fresh celery stalks, finely chopped
2 large onions, chopped
1 (48-ounce) container low-fat low sodium organic beef broth
¼ teaspoon red hot pepper flakes
½ teaspoon black pepper
1 tablespoon salt
1½ cups chopped greens, washed
½ teaspoon dried oregano
1 tablespoon fresh basil, minced
Salt and pepper, to taste
Parmesan cheese, to taste (optional)

For the greens, choose kale, collards, cabbage, spinach, Swiss chard or beet greens that have been harvested within the past 24 hours. Wash well and pick over, removing any bad spots and trimming away stem portions. Pick over beans, removing any discolored or damaged beans and debris. Wash well, changing water at least 5 times. Discard any lentils that float to surface.

In a large saucepan, cover beans with at least 3 inches of water. Bring to a boil; let boil for 2 minutes. Remove from heat and allow beans to soak for 1 hour, adding extra water as needed to keep beans covered. Alternatively, soak lentils overnight in a cool place.

Add remaining ingredients and simmer for 15 minutes. Pack hot soup into hot pint jars, filling ⅔ of the jars with beans. Fill the

remainder of the jar with the cooking liquid/vegetable mixture, leaving 1-inch head space. Wipe jar rims clean using a damp paper towel. Adjust 2 piece caps and process in a pressure canner at 10 pounds of pressure for 75 minutes.

Add water to thin to desired serving consistency. Sprinkle with Parmesan cheese and season with salt and pepper to taste.

Manhattan Clam Chowder

Makes 7 quarts

½ pound salt pork, cubed

1 large onion, chopped

2 teaspoons salt

½ teaspoon pepper

3 cups water

4 cups tomatoes, canned

2 cups potatoes, diced

2 cups clams

½ teaspoon thyme

Fry salt pork in a large frying pan until browned. Add onions and brown lightly. Place these in a large stainless steel saucepan along with the salt, pepper, water, tomatoes, and potatoes. Bring to a boil over medium-high heat. Reduce heat and simmer for 30 minutes. Add clams and bring to a boil, uncovered, for 2 minutes, stirring occasionally. Add thyme.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot chowder into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars this will take 75 minutes and for quart jars it will take 90 minutes).

Split Pea and Ham Soup

Makes 4 quarts

2 (16 oz.) packages dried split peas

4 quarts water

3 cups carrots, sliced

1 large onion, chopped

2 cups ham, cooked and diced 2 teaspoons salt

1 teaspoon pepper

Combine dried peas and water in a large stainless steel saucepan and bring to a boil over medium-high heat. Boil for 2 minutes, stir, and reduce heat. Cover and simmer for 1 hour, stirring occasionally. Add remaining ingredients and simmer for about 30 minutes, or until carrots are tender.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot soup into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240˚F (for pint jars this will take 75 minutes and for quart jars it will take 90 minutes).

Irish Stew

Makes 7 quarts

3 pounds lamb shank, cut into 2-inch pieces
4 tablespoons lard
2 cups water
2 teaspoons salt
1 teaspoon pepper
1 teaspoon paprika
¼ cup parsley, chopped
2 teaspoons celery seed
1 large onion, chopped
2 cups turnips, diced
2 cups carrots, sliced
2 cups potatoes, diced
2 cups parsnips, diced

In a large frying pan, brown the meat in hot lard. Place this in a large stainless steel saucepan, along with water, salt, pepper, paprika, parsley, and celery seeds. Bring to a boil over medium-high heat. Reduce heat and simmer, covered, for about 40 minutes, stirring occasionally. Add remaining ingredients and bring to a boil for 2 minutes. Reduce heat and simmer for 30 minutes, covered, stirring occasionally.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot stew into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars this will take 75 minutes and for quart jars it will take 90 minutes).

Veal Scaloppini

Makes 7 quarts

3 pounds veal
6 tablespoons flour
2 teaspoons salt
½ teaspoon pepper
1 teaspoon paprika
5 tablespoons lard
2 garlic cloves, finely chopped
2 medium onions, sliced
1 teaspoon dry mustard
3 cups tomato juice
1 cup mushrooms, sliced
¼ cup parsley, chopped

Cut veal into ½-inch slices. Mix flour, salt, pepper, and paprika in a bowl. Coat veal slices in flour and spice mix. In a large frying pan, heat the lard. Brown the veal in the hot lard. Add garlic and onions and brown lightly. In a large stainless steel saucepan place the veal and garlic and onion mixture, along with the dry mustard and tomato juice. Bring to a boil over medium-high heat and boil for 2 minutes. Reduce heat, cover, and simmer for 1 hour. Add mushrooms and parsley. Bring to a boil to heat thoroughly. Shut off the heat and cover.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot scaloppini into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars this will take 75 minutes and for quart jars it will take 90 minutes).

Chicken Gumbo

Makes 7 quarts

4 pounds boneless chicken (thighs or breast), cut into 1-inch pieces

½ cup flour

1 teaspoon salt

½ teaspoon pepper

5 tablespoons lard

1 large onion, chopped

2 tablespoons parsley, chopped

3 tablespoons pimento, chopped

3 cups tomatoes, cored and quartered

4 cups water

2 teaspoons salt

Coat chicken in flour, salt, and pepper. In a large frying pan, heat the lard. Brown the chicken in the hot lard and add onion. Brown onion lightly. In a large stainless steel saucepan, add browned chicken and onions with the remaining ingredients. Bring to a boil over medium-high heat and reduce heat, stirring occasionally. Cover and simmer for 1 hour.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot gumbo into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars this will take 75 minutes and for

quart jars it will take 90 minutes).

Serve over cooked rice.

Mexican Stew

Makes 5 quarts

2 pounds stew beef, cut into ½-inch cubes
1 large onion, chopped
1 small green pepper, diced and seeded
5 tablespoons lard
2 teaspoons salt
½ teaspoon pepper
4 cups whole kernel corn, cooked
3 cups tomato juice
2 teaspoons chili powder
2 tablespoons cornstarch
¼ cup water

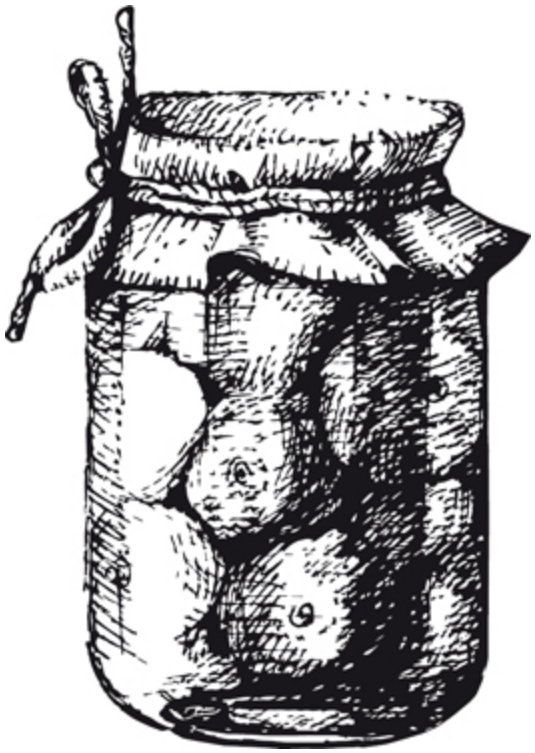
Brown meat, onions, and green peppers in a large frying pan with the hot lard. Season with salt and pepper. Place seasoned, browned meat in a large stainless steel saucepan along with the corn, tomato juice, and chili powder. Bring mix to a boil over medium-high heat, stirring frequently. Boil for 2 minutes. Reduce heat, cover, and simmer for 1 hour, stirring occasionally. In a small bowl, mix cornstarch and water to make a smooth paste. Add this to the hot mixture and return to a boil. Reduce heat and cook on low, stirring frequently, for 15 minutes.

Prepare jars, lids, and pressure cooker (see this page for instructions).

Using a ladle and a funnel, spoon the hot mixture into hot prepared jars, leaving 1 inch head space at the top of each jar.

Wipe the outer rim of the jars with a clean damp cloth to ensure a tight fit. Adjust the two-piece lids and secure snugly.

Place jars in prepared pressure cooker and process at 10 pounds pressure, or at 240°F (for pint jars this will take 75 minutes and for quart jars it will take 90 minutes).



RESOURCES

Several resources are available for the home canner to gather helpful tips:

Ball Canning Products
www.freshpreserving.com

HomeCanning.com
www.homecanning.com

Home Canner's Help Line
(800) 240-3340

Mrs. Wages Home Canning
www.mrswages.com

New York States Department of Agriculture (NYSDA)
www.agriculture.ny.gov

United States Department of Agriculture (USDA)
www.usda.gov

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